

Just a couple of notes as we get started in the "heavy" part of the schedule:



This is a really good commentary to start the New Year!! FS

As we approach the new year, it's a good time to clean out the clutter in our lives. Sure, that means disposing of useless papers and unused stuff, but it also means throwing away old grudges.

The prevalence and durability of grudges proves Maya Angelou's observation that people don't always remember what you said or did, but they do remember how you made them feel.

Grudges are nothing more than toxic memories of how someone made us feel.

But Confucius taught that "To be wronged is nothing unless we continue to remember it." So why do so many of us choose to consciously preserve and revisit toxic feelings that detract from our happiness?

Perhaps we fool ourselves into thinking we can inflict some sort of pain on the person who wronged us. In fact, holding on to a grudge is like holding on to a hot stone. It doesn't hurt the stone or the person who gave it to us; it only hurts the one holding the stone. Carrying a grudge is like being stung to death by one bee.

And it really doesn't matter how justified the bitter feelings are or how right we are. Holding on to a grievance turns pain into suffering. In a peculiar way it empowers the wrongdoer to hurt us again and again.

So start out this new year by giving yourself a great gift. Muster the good sense and strength to root out and release deep-seated and long-held resentments.

If you can, forgive and forget. But all that's really necessary is a firm decision to let go of your grudges so you can move forward and free yourself of the chains of resentment.

This is Michael Josephson reminding you that character counts.

League play is here, stay diligent with the points of emphasis, especially hand checks, arm bars (a form of holding that is becoming ever more prevalent) and the coaching box. League play can be more intense, which means more defensive pressure - call the points of emphasis from start to finish. Set the tempo early with the hand checks and arm bars..... call those fouls that put the opposing team at a disadvantage!

Coaches box, location and behavior, do not ignore it. Use a friendly reminder, a warning or penalize with a technical foul. Do not let up!!!! This is really the first time in my career that I have gotten very excited about the Coaches Box. But, as an observer of officials in the Big 12 Conference on the women's side, I have seen better and better behavior by the coaches and the importance of enforcing the Coaches Box. It just took me a while (how many years have we had

the coaches box at the Federation level?) to see that better enforcement does mean, by and large, better behavior. However, I do believe the size of the box in Kansas should be increased so that the coach can at least go to the end if his/her bench without looking suspicious!

Switching to Football: Seven out of 64!! Seven Big 12 officials were chosen to work on the field in tonight's National Championship game. The National Championship game is nearing the end and it is most appropriate to recognize three local officials who worked the game. Two are from Kansas: **Tom Quick** is from Shawnee - Tom was the umpire and was part of an "experimental" crew during the season. The crew was a mixture of officials from three conferences - the WAC, the Mountain West, and the Big 12. Many believe this mixture of officials from different conference will be the wave of the future. **David Oliver** was the Line Judge and is from Topeka. Finally, **Mike Moeller** was the linesman and is from Independence, MO.

The referee was **Jon Bible** from Austin. Jon is a law professor at the University of Texas. His kindness to me over the years has been greatly appreciated. We worked the Kansas at A&M game this Fall - just to have his undivided attention for an hour at breakfast on the Saturday morning of the game was certainly a real highlight of the trip. By the way, Jon's great uncle was Dana X. Bible, coach at A&M, Nebraska, and Texas. Throughout his career he compiled a 198-72-23 (.715) record. 30 out of his 33 seasons were winning seasons. He twice won 10 games in a season. He is a member of the College Football Hall of Fame. Bible's 1919 football team at Texas A&M University, which was undefeated and untied and outscored the opposition 275-0, was retroactively named national champions.

Another member of the crew was Replay Official, **Terry Turlington**. Terry was a multi-sport star at the University of Missouri and officated basketball in the Big 8 Conference and football in the Big 8 and Big 12. He was one of the officials involved in the famous 5th down game at MU. He is from Kennett, MO., where he was a high school principal.

Congratulations to all the Big 12 officials involved in the National Championship game.

Happy New Year!! Work Hard to Make it Your Best - On the Court and Off! FS